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THEY'LL TAKE NO TIME TO COOK PAGE 17

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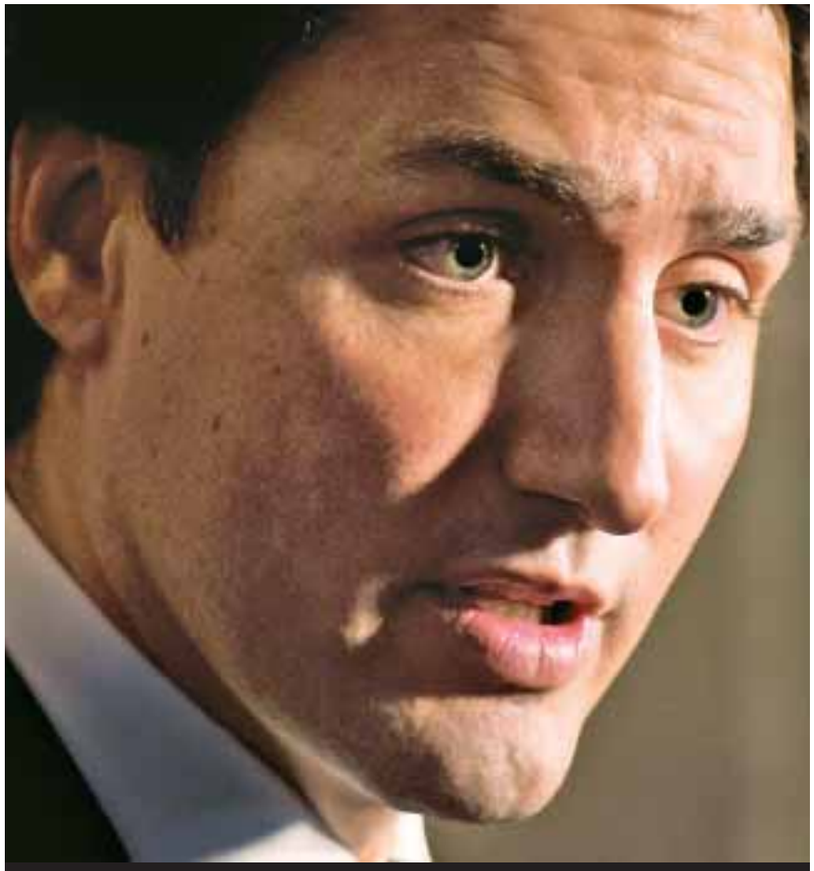

Liberal Leader Justin Trudeau speaks about the booting of senators from his party's caucus during an announcement in the House of Commons Wednesday. ADRIAN WYLD/THE CANADIAN PRESS

Senators dumped from Grit caucus

Ottawa. 32 members of the upper chamber are now Independents, including a pair from Saskatchewan

Two Saskatchewan senators have become Independents following federal Liberal Leader Justin Trudeau's surprise move on Wednesday to boot all Grit members of the upper chamber from the party's caucus.

"There are no more Liberal senators," Trudeau told a news conference on Parliament Hill in Ottawa, claiming the decision is aimed at reducing partisanship and restoring the Senate's intended role as an independent chamber of sober second thought.

Saskatchewan Sen. Lillian Eva Dyck told Metro that she learned of the move from media reports after missing Wednesday morning's historic caucus meeting.

"It won't affect what I do, because I have priority issues that I work on — for instance, missing and murdered aboriginal women and aboriginal education," Dyck said of the potential ramifications of the shakeup.

Dyck said the decision will mainly affect the way senators operate within the chamber, adding she is unsure about the procedure she now has to follow as an Independent member asking questions during question period.

Although Dyck said she hadn't spoken to other members about joining a new caucus, a group of senators have said they will continue to identify themselves as Liberals — contradicting Trudeau's assertion that they can no longer designate themselves as Grits.

Trudeau, however, subsequently sent a letter to Senate Speaker Noël Kinsella, informing him that the 32 Liberal senators "are Independent."

Premier Brad Wall, who is in favour of abolishing the Senate, said in a statement that Trudeau's move does little to address his concerns about the upper chamber.

"The Senate remains unelected, unaccountable, appointed by the prime minister ... and not worth the $100 million it costs Canadian taxpayers each year," Wall said.

Pana Merchant is the other Saskatchewan Liberal senator who will sit as an Independent.

MARCO VIGLIOTTI/METRO
WITH FILES FROM THE CANADIAN PRESS

Could this backfire?

Political-science Prof. David McGrane said "the Senate could be a place that could really thwart some of (Trudeau's) legislative agenda" if the Grits manage to win power in 2015.

- "Imagine a situation where you have a united Conservative Senate caucus blocking bills, and then you have a gaggle of (former Liberal) Independent senators that can be trusted (only) on some bills," McGrane said.

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$1.1-million loss

Funding cut sees aboriginal group lay off employees

A Saskatchewan aboriginal group is cutting dozens of staff because it says Ottawa has slashed its funding by $1.1 million.

The Federation of Saskatchewan Indian Nations told employees Tuesday that 66 of them will be laid off by March 31.

FSIN Chief Perry Bellegarde said the group had $875,000 chopped from its budget last fiscal year and this new round of cuts has forced the organization's hand.

Bellegarde said the cuts will diminish the FSIN's ability to analyze legislation and get legal opinions.

He says the organization will also have to reduce its number of vice-chiefs.

In September 2012, the federal government announced it would be capping core funding for regional aboriginal organizations like FSIN at $500,000.

Last year, the federal government also cut discretionary funding to aboriginal groups by 30 per cent.

"You basically weaken the voice of First Nation people across Canada," said Bellegarde.

Bellegarde said the cuts could also give First Nation organizations freedom to take a stronger line against the federal government.

He said funding is often used by the government to retaliate against First Nations organizations that criticize federal policy.

The group will continue to exist, no matter what Ottawa does, he said.

"We have seen the ebb and flow of funding to organizations," he said. "Our FSIN will always be there. Sometimes its shape and form will change and evolve."

THE CANADIAN PRESS/APTN

Dragons' Den delighted to come back to Regina

Home of great ideas. Local entrepreneurs try a second time to pitch breast cancer prosthetics

SARAH TAGUIAM
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The CBC's Dragons' Den team drew in local entrepreneurs yesterday with a chance to pitch their businesses on the popular investment show.

Several owners came to the Delta Regina to showcase their businesses in hope of eventually securing investments from a panel of Canadian venture capitalists.

Producer Priscilla Sreedharan was excited about the pitches they heard throughout Wednesday's open auditions.

"We love coming to Regina and seeing what entrepreneurs have here ... especially when we've had some really great things from the Prairies as a whole," Sreedharan said.

Among the entrepreneurs was Pam Frigon, who, along with husband Gary, owns Lisa B. Originals Inc., a company that produces prosthetic breasts for cancer patients.

This is the second year that the husband-and-wife team has presented their pitch.

Too good to pass up

"I think being on Dragons' Den is huge. If you have the opportunity to tap into the experience that the dragons have, why wouldn't you want to make a connection?"

Pam Frigon, co-owner of Lisa B. Originals

The idea for the breast prostheses started after Gary's sister underwent a double mastectomy in 2010.

"My husband felt that he could've helped her, and we figured we could help others too," Frigon said.

The Frigons, however, didn't just want to make a product that's similar to what's already available.

The handmade Lisa B. prosthetics are made of silicone and could fit under a regular bra, compared to gel-filled plastics that have to be worn behind a special bra.

"We just want our clients to be able to shop the way they shopped before and have a feeling of familiarity," Frigon said.

Frigon and the other hopefuls will find out whether they'll appear in front of the dragons in March.

Dragons' Den associate producers Priscilla Sreedharan and Brian Corcoran said they keep coming back to Regina because of the great entrepreneurial ideas they've encountered in the past. SARAH TAGUIAM/METRO

Province hopes to sow, reap more farmhands

Agriculture Minister Lyle Stewart
ROSS ROMANIUK/METRO FILE

Saskatchewan is plowing ahead with a training program to help address labour challenges on farms.

The province has launched an agricultural-operator pilot program to give practical, hands-on training to people interested in working on Saskatchewan farms.

The first three courses to be delivered at Parkland College in Yorkton will be seeding, spraying and scouting and lastly harvesting.

The province says more courses will be developed for the livestock industry, including haying, beef cattle reproduction and calving, as well as cattle husbandry and handling.

The government plans to expand the pilot program to other regional colleges across Saskatchewan.

Agriculture Minister Lyle Stewart said farmers can send current or potential employees to the program, while general labourers without a farm background can get experience to join the industry.

"Producers have indicated that they need more skilled labour for their operations and this program directly responds to their needs," Stewart said Wednesday.

THE CANADIAN PRESS

Sask. deputy premier urges feds to help end Ukraine crisis

Open letter to Baird.
Ottawa needs to act as a watchdog: Krawetz

SARAH TAGUIAM
sarah.taguiam@metronews.ca

Saskatchewan's deputy premier Ken Krawetz urged the federal government Wednesday to strengthen its efforts in helping end the civil unrest in Ukraine.

Violent uprisings have plagued the country since November as citizens struggle to sever its relationship with Russia and fight for stronger ties with the European Union.

In an open letter addressed to foreign minister John Baird, Krawetz encouraged the government to act as a watchdog and ensure that the democratic rights of Ukrainians are protected.

He requested that the government send independent observers to Ukraine "to witness, document and report on court proceedings against protesters, the work of provocateurs who are paid to incite violence and to monitor the injured who arrive in hospitals."

"There has to be the ability for other countries to see what's going on and that has not happened," Krawetz said.

He added that Canada should also increase discussion among provinces about how resources can be used to prevent Ukraine from "potential backsliding to the dark days of economic delay."

Krawetz, who is Ukrainian-Canadian himself, said the issue is important to Saskatchewanians.

Saskatchewan is home to more than 130,000 people of Ukrainian heritage and more than 300 Ukrainian immigrants have come to the province in the last two years, according to the Saskatchewan government.

Some politicians and NGOs have put forward efforts to expedite visa processing for Ukrainians seeking to escape the country.

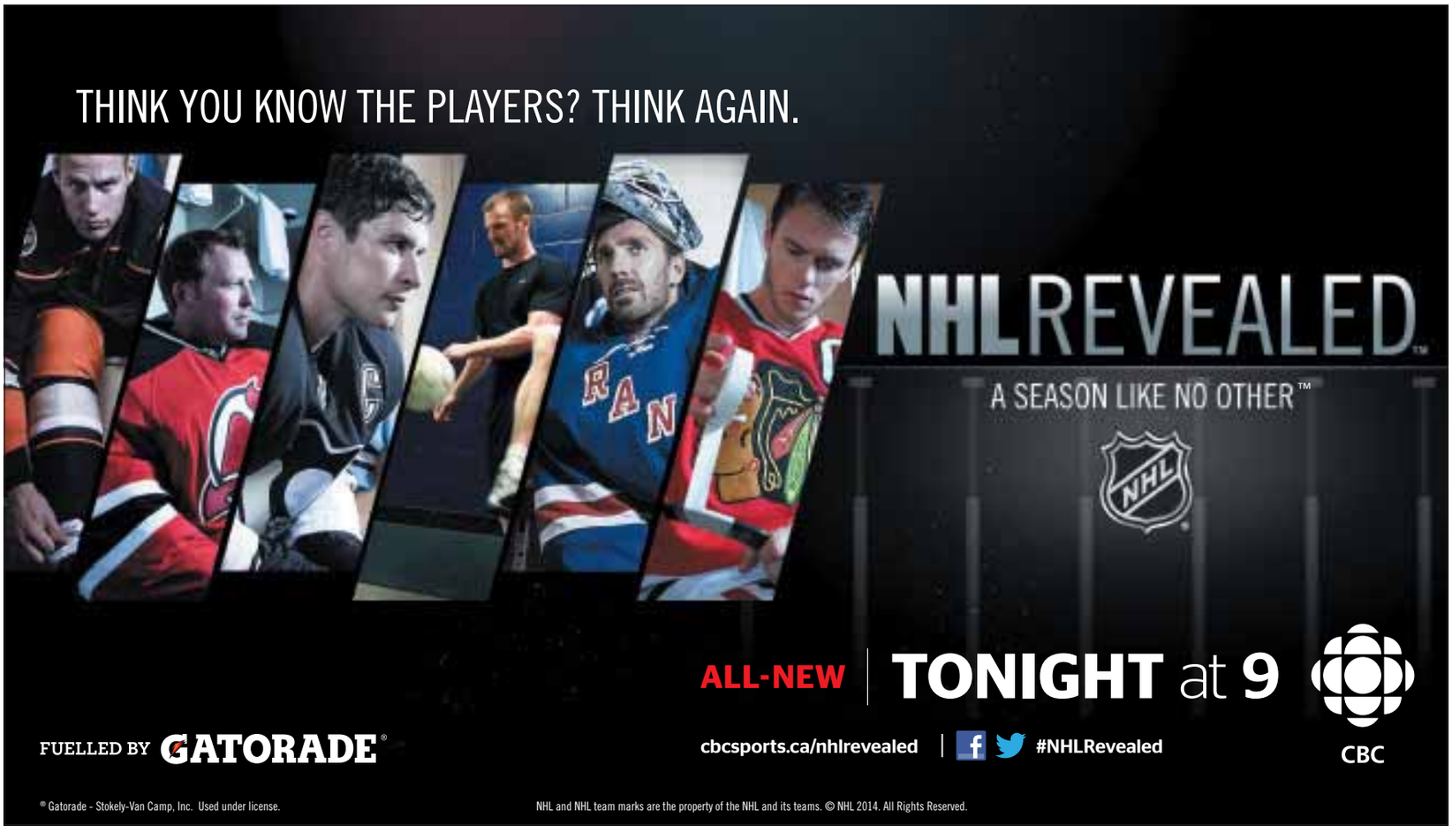
Krawetz said these efforts are supported by Saskatchewan's open-door policy.

"We're a province that can be a base for those people who may have to leave," he said. "We as a nation must show that we are concerned and can help the people of Ukraine."

Open door

"We as a nation must show that we are concerned and can help the people of Ukraine."
Saskatchewan deputy premier Ken Krawetz

Deputy premier Ken Krawetz urged Ottawa to increase its efforts in helping end the unrest in Ukraine. SARAH TAGUIAM/METRO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Bieber turns himself in to police in connection with assault charge

Another run-in with the law. Singer is back in the spotlight, but not for his music

Justin Bieber has been charged in Toronto with assault after police allege he hit a limousine driver several times in the back of the head.

Bieber was charged with one count of assault and is scheduled to appear in court in Toronto on March 10.

Police allege Bieber was one of six people who were picked up by a limousine from a nightclub in the early morning hours of Dec. 30, and there was an altercation while en route to a hotel.

Police officers escorted pop star Justin Bieber through a frenzied throng of media and fans to a Toronto police station Wednesday night where the pop star surrendered in connection with an alleged assault.

Hundreds of fans, spectators and photographers braved the biting cold to greet the 19-year-old singer, who emerged from a black SUV Wednesday night. Fans screamed "Justin," as he was led to the side entrance of Toronto Police Service's 52 Division headquarters.

Bieber's surrender is connected to an alleged assault on a limousine driver who was driving the pop star and his entourage in Toronto in December.

A police spokesperson last month said it was unclear whether the teen heartthrob himself was involved in the alleged attack on Dec. 29, or simply one of his companions. Toronto police have not commented on Bieber's Wednesday night surrender.

"He's done some bad stuff, but I forgive him," said Boubacar Diallo, 12, who waited outside the police station to see the singer. "He just needs to think before he acts."

Others showed up for the possibility of a show.

"He should be charged, he's a wreck," said Peter Esper, 18. "He deserves to be punished. He's a bad name for the country."

Bieber's manager, Scooter Braun, tweeted Wednesday evening asking people to "stop passing judgment."

"Clearly he's in a bad-boy phase," said Bob Thompson, the director of the Bleier Center for Television and Popular Culture at Syracuse University.

Bad-boy phase

"Not exactly street-cred bad boy. There is kind of a juvenile quality to the whole thing."

Bob Thompson, director of the Bleier Center for Television and Popular Culture at Syracuse University

Canadian musician Justin Bieber is swarmed by media and police officers as he turns himself in to city police in Toronto on Wednesday night.

NATHAN DENETTE/THE CANADIAN PRESS

Thompson said the Stratford-born singer's recent runins with the law, including his arrest in Miami Beach last week and a raid on his California home, reflect Bieber's changing image.

Bieber pled not guilty in Florida after Miami police charged him with driving under the influence, resisting arrest and carrying an expired licence. That incident sparked a petition on the White House website calling on the U.S. government to deport Bieber. More than 138,000 people have signed it.

"He is not only threatening the safety of our people, but he is also a terrible influence on our nation's youth," the petition states.

Because the petition has garnered more than 100,000 signatures, the White House must write an official reply.

At this point, Thompson said, it's anyone's guess where Bieber will go from here — whether this is a prelude to more mayhem or the troubled singer will turn a corner and clean up his act.

TORSTAR NEWS SERVICE
WITH FILES FROM THE CANADIAN PRESS

Canadian journalist in Cairo faces trial for terrorism

Mohamed Fahmy, left, the Egyptian-Canadian journalist being detained in Cairo, was charged Wednesday with being part of a terrorist group.

THE CANADIAN PRESS/HANDOUT

The family of an Egyptian-Canadian journalist imprisoned in Cairo issued an urgent appeal for Ottawa's help Wednesday, as they learned the man had abruptly been charged with being a member of a terrorist group.

Mohamed Fahmy was among 20 employees of satellite news broadcaster Al Jazeera who were charged with several offences in what's believed to be the first time Egypt has referred journalists to trial for terrorism.

Fahmy was charged with using illegal equipment, broadcasting false news that endangered national security and being a member of the Muslim Brotherhood, a group Egypt's military-led government has branded a terrorist organization, his family said.

"It's become a very desperate situation," Fahmy's brother Adel told The Canadian Press.

"We are very proud Canadian citizens. We became Canadian citizens because we know that Canada is the most decent country and always protects its people. We need the Canadian government to save my brother."

Mohamed Fahmy and his two colleagues — Australian Peter Greste and Egyptian Baher Mohamed — were taken into custody on Dec. 29 at a hotel room in Cairo where they were working after authorities raided the offices of Al Jazeera English.

Egyptian authorities characterized the arrest as part of a crackdown on the Muslim Brotherhood, and depicted Al Jazeera as being biased towards former Islamist president Mohammed Morsi — who was ousted by the military in July — and his Muslim Brotherhood-led supporters.

Al Jazeera, which no longer has journalists reporting in Egypt, has denied any bias and decried the latest developments.

"The world knows these allegations against our journalists are absurd, baseless and false," a spokesman said. "This is a challenge to free speech, to the right of journalists to report on all aspects of events, and to the right of people to know what is going on."

A statement from Egypt's prosecutor said the journalists accused Wednesday — eight of whom are said to be in custody — had established a media network that used two suites in a luxury hotel in Cairo as a media centre, supported with cameras, broadcasting equipment and computers.

The statement said they allegedly "manipulated pictures" to create "unreal scenes to give the impression to the outside world that there is a civil war that threatens to bring down the state" and broadcast scenes to aid "the terrorist group in achieving its goals."

THE CANADIAN PRESS

Canadian response

Canadian officials have said they are providing consular services to Fahmy and his family and have raised this case with senior Egyptian officials.

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Second offensive Vitaminwater cap found

Bad taste. Albertan finds 'Ponder Retards' written inside lemonade Vitaminwater bottle cap

JEREMY NOLAIS
Metro in Calgary

Coca-Cola is facing heated criticism once again for having the word retard printed on the bottle cap of a Vitaminwater container, only this time the "offensive" term surfaced in Calgary.

Thousands lashed out at the beverage giant in September when Metro first reported that Edmonton-based photographer Blake Loates had unscrewed a Vitaminwater cap to find the words "You Retard" printed on it. Making the matter worse was that Loates' younger sister had been diagnosed with both cerebral palsy and autism.

On Tuesday, Calgary resident Braeden Rossell popped the lid on a lemonade Vitaminwater to find the words "Ponder Retards" written on the cap.

Coca-Cola has maintained the words were printed by a machine as part of a promotion to showcase Canada's multiculturalism by pairing an English word with a French one on each bottle cap. The word "retard" in French implies lateness or a delay. The company maintained Wednesday it had destroyed any of the caps on Vitaminwater bottles yet to be sent after the Loates family lodged a complaint, but spokesperson Shannon Denny said Coca-Cola was always aware more unfortunate word combinations could surface.

This is the bottle cap on a Vitaminwater beverage container purchased by Calgary resident Braeden Rossell. COURTESY BRAEDEN ROSSELL

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I'm with stupid. Scientists find human DNA contains Neanderthal genetics

A reconstructed Neanderthal skull at the Museum of Natural History in New York City. THE ASSOCIATED PRESS

Next time you call someone a Neanderthal, better look in a mirror. Many of the genes that help determine most people's skin and hair are more Neanderthal than not, according to two new studies that look at the DNA fossils hidden in the modern human genome.

About 50,000 years ago, modern-day humans migrated out of Africa north to Europe and East Asia and met up with furrow-browed Neanderthals that had been in the colder climates for more than 100,000 years. Some mated, and then the Neanderthals died off as a species.

Scientists isolated the parts of the modern human genetic blueprint that still contain Neanderthal remnants. Overall, it's barely more than one per cent, said two studies released Wednesday in the journals Nature and Science.

However, in some places, such as the DNA related to the skin, the genetic instructions are as much as 70 per cent Neanderthal and in other places there's virtually nothing from the species that's often portrayed as brutish cavemen.

The difference between where Neanderthal DNA is plentiful and where it's absent may help scientists understand what in our genome "makes humans human," said University of Washington genome scientist Joshua Akey, lead author of the paper in Science.

Akey said one of the most interesting parts in comparing human and Neanderthal genomes is where we don't see any caveman influence, such as in areas connected to genes that determine speech and communication. This fits with theories that lack of communication skills hurt Neanderthals and speech ability was a distinctly human advantage, he said. THE ASSOCIATED PRESS

Science

Researchers turn ordinary mice cells into stem cells

A simple lab treatment can turn ordinary cells from mice into stem cells, according to a surprising study that hints at a possible new way to grow tissue for treating illnesses like diabetes and Parkinson's disease.

Researchers in Boston and Japan exposed cells from spleens of newborn mice to a more acidic environment than they're used to. In lab tests, that turned them into stem cells, showing enough versatility to produce the tissues of a mouse embryo, for example.

"It's very simple to do. I think you could do this actually in a college lab," said Dr. Charles Vacanti, an author of two papers published online Wednesday by the journal Nature.

Scientists hope that by making stem cells from the patient, they can get around the problem of transplant rejection.

THE ASSOCIATED PRESS

Ford sued over alleged link to prison assault

Statement of claim.
Ex-boyfriend of Ford's sister says he was beaten in jail to keep him silent about Toronto mayor's 'unsavoury activities'

Toronto Mayor Rob Ford is being sued by his sister's ex-boyfriend, who alleges Ford conspired to have him attacked in jail to prevent his illicit behaviours from becoming public.

Scott MacIntyre alleges in the statement of claim filed Wednesday that the mayor arranged for jail staff to facilitate the beating. Video surveillance in the area had been "inexplicably disabled" before the attack and the guards stationed to watch the area didn't come to his aid, MacIntyre alleges.

MacIntyre went to jail in 2012 after being charged with threatening the mayor, for saying he would expose his "unsavoury activities," MacIntyre says in his statement of claim.

It was there in March 2012 that he was brutally beaten, more than a year before reports on the existence of a video appearing to show the mayor smoking crack cocaine.

MacIntyre alleges Ford conspired with Payman Aboodowleh, who coached high school football with Ford, to have one of their former players, who was also in jail at the time, attack him.

The former player, Aedan Petros, was among various inmates who told MacIntyre to "keep his mouth shut" in jail, MacIntyre alleges.

The suit also names Ontario's Ministry of Correctional Services, which is responsible for the province's jails, Aboodowleh and Petros.

MacIntyre is seeking $1 million in damages from all of the defendants, plus $100,000 from each for aggravated, punitive and penal damages. He is also seeking another $100,000 from the ministry.

THE CANADIAN PRESS

Toronto Mayor Rob Ford ANDREW FRANCIS WALLACE/TORSTAR NEWS SERVICE

The donkey defence? VIA terror-plot suspect goes on anti-gay-marriage tirade

A man accused of plotting an attack on a VIA Rail train took aim at homosexuality during a court appearance Wednesday, denouncing Canada's "written-by-humans" Criminal Code because he said it protects gay marriage.

Chiheb Esseghaier, 31, was arrested last April 22 on charges of conspiring to derail a passenger train travelling from New York to Toronto.

His co-accused, 36-year-old Raed Jaser, sat quietly Wednesday, dressed in a light-blue dress shirt and dark grey slacks, while defence lawyer John Norris spoke on Jaser's behalf.

But Esseghaier, who has repeatedly refused to seek counsel since no lawyer will represent him based on the Qur'an, rose to his feet to make a speech on Canada's legal system.

"The Criminal Code is a book written by humans," Esseghaier said, during what was supposed to be a quick, procedural court appearance. "We are putting the laws of God behind our back and we are following the laws of humans."

The former PhD student in nanotechnology gestured frequently with his arms, and gazed at various people in the courtroom while he spoke.

His slightly dishevelled dark beard contrasted sharply with his orange prison jumpsuit, the leg cuffs of which were rolled up to mid-calf, revealing blue loafers and dirty white socks.

Esseghaier's speech came to a definitive end once he began talking about the Criminal Code protecting gay marriage, which he said did not occur between same-sex animals outside of humans.

"Donkey males marry only donkey females," he said, before Superior Court Judge John McMahon interrupted, leading to a tense moment in court.

"No!" Esseghaier shouted at the judge's interjection, causing two seated officers to rise to their feet to maintain order.

Earlier, Esseghaier, who has given off-topic speeches in previous court appearances, complained he was forced to show his "sex" to a guard who was conducting a weapons strip search.

The next court appearance for the two men is scheduled for Feb. 21.

TORSTAR NEWS SERVICE

Ottawa

Teen pimp found guilty of human trafficking

A 17-year-old girl was found guilty Wednesday of a slew of charges stemming from a teen-pimping ring she orchestrated with two friends in Ottawa in early 2012.

Her guilty charges include human trafficking, procuring for the purpose of prostitution, assault, forcible confinement and uttering threats to cause bodily harm. The girl was 15 at the time of her arrest.

The court heard during the trial that the ringleader and her co-accused lured teen girls and befriended other peers on Facebook and used violence to force them into prostitution.

JOE LOFARO/METRO IN OTTAWA

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Will nine be lucky number for Target?

From the double ring to bulls-eye? Despite missing the mark in Canada, the U.S. retailer is still aiming for success, opening nine new stores

A worker installs an outdoor sign at a Target store in Nova Scotia last year. Nine more Target stores are set for Canada this year. ANDREW VAUGHAN/THE CANADIAN PRESS

Target plans on opening nine more stores in Canada this year.

The U.S.-based retailer said Wednesday it will open two locations in Mississauga, Ont., and one store each in Toronto, Ottawa and Barrie, Ont.

Stores will also be added in Edmonton, Victoria, Winnipeg and Candiac, Que.

Five of the locations will be in former Zellers locations, while the others will be newly constructed stores.

By the end of the year, Target said it will have a total of 133 locations in Canada.

The retailer has faced high expansion costs and disappointing sales since its highly anticipated arrival in Canada last year as shoppers complained about near-empty shelves and notably higher prices than at U.S. Target stores.

Last week, the retailer said it would offer some of its Canadian customers a year of free credit monitoring after a massive security breach at its U.S. stores put confidential details into the hands of thieves.

Target emailed customers saying it believed their information may have been taken if they visited U.S. Target stores between Nov. 27 and Dec. 15.

THE CANADIAN PRESS

Use your phone ... to track your phone addiction

This screenshot from Menthal, an app created at the University of Bonn in Germany, shows smartphone-usage figures. Psychologist Christian Montag, who worked on the project, hopes that by measuring how much time people spend on their smartphones the app will help researchers identify and deal with addiction. "This is a live discussion and this will provide data. We are seeking patterns in areas such as tolerance development and withdrawal," he says. CONTRIBUTED/METRO WORLD NEWS

Struggling retailer

Sears cuts more staff as part of turnaround plan

Sears Canada Inc. has announced a round of layoffs for the second time this month, eliminating 624 workers. The struggling company said Wednesday the cuts will help improve communication and encourage more consistency within its operations.

THE CANADIAN PRESS

Market Minute

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National skills training

Feds, provinces face off over Canada Job Grant

The provinces and territories are firmly resisting a contentious federal skills training proposal, saying they want to see more flexibility before a deal can be reached over the much-touted Canada Job Grant.

They're presenting the federal Tories with an "alternative" proposition that would provide more flexibility to the provinces in how the proposed program would be funded, as well as how small businesses could participate, said Brad Duguid, Ontario's minister of training, colleges and universities.

The proposed grant is supposed to provide $15,000 for each eligible worker, with the cost divided equally among Ottawa, the provinces and employers. THE CANADIAN PRESS

Growlers

Nova Scotians can now get their beer to go at brew pubs

People in Nova Scotia can now buy beer made in-house at brew pubs to take home.

Beer is allowed to be sold in sealed 1.8- to two-litre bottles, known as growlers.

THE CANADIAN PRESS

2014 prediction

Auto sales to lightly step on brakes: BMO

Bank of Montreal expects Canadian auto sales to remain strong into 2014, following last year's record levels.

A BMO economist predicts sales will slide marginally to 1.71 million units this year from 1.78 million in 2013.

THE CANADIAN PRESS

Angry Birds' home pages hacked amid spy scandal

Talons are out. Website hacked after claims of spy agencies' access to personal information

Angry Birds creator Rovio Entertainment Ltd. says the popular game's home pages have been hacked, two days after reports that the personal data of its customers might have been accessed by U.S. and British spy agencies.

Rovio spokeswoman says the hacking lasted a few minutes early Wednesday and that end-user data "was in no risk at any point."

The hacking came after documents leaked by former National Security Agency contractor Edward Snowden suggested that the NSA and Britain's GCHQ had been able to extract information through a host of smartphone apps across the globe, including the Angry Birds game franchise.

Rovio has denied the claims, saying it does not "share data, collaborate or collude" with any spy agencies and that it would re-evaluate third-party advertising networks. THE ASSOCIATED PRESS

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Strained international yogurt relations in U.K.

Snowboarder Lindsey Jacobellis eats Chobani at the 2014 Sochi Winter Olympic Countdown in New York City's Times Square on Oct. 29, 2013. A British court has ruled that Chobani, the company leading the burgeoning Greek yogurt market in the U.S., cannot label its products "Greek" in the U.K. The court case was brought by Chobani's rival Fage, a Greek company, soon after New York-based Chobani launched their products in the U.K. in 2012. ROMMEL DEMANO/GETTY IMAGES FOR CHOBANI

A BRIEF HISTORY OF TOUCHDOWNS

HE SAYS
John Mazerolle
metronews.ca

It's time for the Super Bowl, the most-watched sporting event in North America and the only reason school children still learn Roman numerals.

Super Bowl XLVIII (or 18 1/2) is coming up this Sunday and it promises to be an exciting match.

The Denver Broncos have a 15-3 record and the league's top offence, but the Seattle Seahawks have a 15-3 record and the league's top defence, so both teams will likely stay in a zero-zero deadlock for hours, parrying every move with a perfectly mirrored countermove just like when superheroes fight their doppelgängers in movies.

We know all about the Big Game, but have you ever wondered how it got this way? No? Then don't read this History of the Super Bowl.

1966: PepsiCo and Kraft Foods create the Super Bowl as a way to sell more food and drink during the slow winter months. Advertisers create an elaborate backstory detailing the "history of American football" that, amusingly, many still believe.

1967: Super Bowl I is held in front of 4,000 screaming fans. Back then the ball weighed 25 pounds, helmets were made of papier-mâché, and no touching was allowed.

1968: Vince Lombardi coaches and wins his last big championship in Super Bowl II, just moments before he is killed in a tragic Gatorade-dumping accident.

1971: Quarterback Joe Namath is given official status as the Default Football Answer for Trivial Pursuit Players Who Know Nothing About Football, a title he will not relinquish until the rise of Joe Montana.

1972: The Miami Dolphins have a perfect season, making them the only 53 people alive with the right to cast the first stone.

1976: Half-time act University of Arizona Marching Band has a mass wardrobe malfunction, with nipples visible all over the place. The fiasco happens in the days before DVR, however, so viewers just say, "Did you see that?" and leave it there.

1986: William "The Refrigerator" Perry becomes the heaviest man to ever score a Super Bowl touchdown. His feat is less surprising when one realizes his background as a member of a daring, highly trained special-missions force whose purpose was to defend human freedom against Cobra, a ruthless, terrorist organization determined to rule the world.

1987: After a strike-shortened series, the Washington Redskins win the Super Bowl when running back John Riggins is the last man standing in an 858-man Royal Rumble.

1991: Reflecting musical trends of the day, frequent half-time performer Up With People is replaced for the first time by Down With Everything.

2008: The New England Patriots lose their first game of the season in the Super Bowl, sending a deluge of "Perfect Season" T-shirts to small villages in South America.

2013: For legal reasons, the half-time show is a lecture by U.S. Surgeon General Boris Lushniak on the dangers of traumatic brain injury.

What might happen this year? Who knows? But one thing is for certain: It's one the best times of the year to "work" in journalism because between the game, the half-time show, the parties and the commercials, it's the one date when four non-stories (four!) fill the news cycle simultaneously. Touchdown!

ZOOM

Up Helly Aa!: Fire in the Shetlands

ALL IMAGES: JEFF J MITCHELL/GETTY IMAGES

The Guizer Jarl, the leader of the squad of hairy, hardy Viking "guizers," walks along the town streets.

Don'tcha wanna know why they keep starting fires?

Thousands of latter-day Viking warriors have descended on Scotland's Shetland Islands to celebrate Up Helly Aa, the largest fire festival in Europe.

Held on the last Tuesday of January, the fiery event sees a replica Viking longboat being hauled through the streets of Lerwick to the edge of town where up to 1,000 paraders (known as the Jarl Squad) throw their flaming torches into the galley. METRO

The origins of the event come from the early 1800s, when, following the Napoleonic Wars, Lerwick was the home of many returning soldiers and sailors, who were keen on burning things to celebrate.

Clickbait

HANNAH ZITNER
hannah.zitner@metronews.ca

Though there's no shortage of music players or streaming services online, there's still just nothing that rivals the selection of good ol' YouTube. But if annoying ads, senseless playlists and clunky searching keeps you from tuning into YouTube's mega library, Chrome has come to the rescue. Still in beta, Streamus is a new extension that lets users stream from YouTube without ever having to actually go to YouTube.com. Here's how it works:

1: Once you've downloaded Streamus from the Chrome Web Store, type Streamus, then TAB, into Chrome's search bar followed by the song you want to hear.

2: Click the S icon on the right of your browser to add songs and create playlists (don't need a Google/YouTube account!).

3: Once you've heard all your jams, enable the radio by clicking the Wi-Fi-looking icon at the bottom of the playlist.

Twitter

A petition to deport @justinbieber from the U.S. gets more than 100,000 signatures, which means the White House has to formally respond. What should they do?

@55EYFD: Caveat Emptor America!He's your problem now.

@SCCASMOM how about they worry about the shootings at schools and work on their firearms law instead of focusing on a spoiled rich kid?

@WillyRBeek they can do whatever they want, just so long as they don't send him back here!

@AEphotoWPG The US doesn't want him, Canada doesn't want him back. Somalia, perhaps? Beirut?

@justDarylD We'll take him back if they take Rob Ford

@Kossovan Sure! It would make all the Canadian Beliebers happy. Think of the income tax added to our government'scoffer! #JustinBieber

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Send us your comments: reginaletters@metronews.ca

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SCENE

Step into this famous fairy tale with a lighthearted ballet

Hansel and Gretel. Vancouver's Coastal City Ballet takes show on the road to Regina

BACKSTAGE PASS
Jacob Morgan
regina@metronews.ca

Coastal City Ballet is bringing whimsy back with their production of Hansel and Gretel on Feb. 7 and 8 at the University of Regina's Riddell Centre.

The production will recreate an authentic fairy tale experience with original choreography from Irene Schneider, the former artistic director of the Magdeburg Ballet in Germany, as well as a cast of talented young dancers.

McKeely Borger, 20, who will star as Gretel in the performance, says she enjoyed combining theatre techniques into her ballet steps.

"It's a children's story, which means that we can take the fairy tale character acting to a whole other level," said Borger. "It adds a lot to the experience of dancing onstage."

The Regina shows are extra special for Borger, since she is originally from the city.

Her career so far has taken her across North America to institutes including the Joffrey Ballet School in New York City, the Nutmeg Ballet Conservatory in Connecticut and the Banff Centre for Fine Arts. She is now in her second year with the pre-professional Coastal City Ballet in Vancouver.

"Some of the local kids from the community are in the show," said Borger. "So for me it's a really nice feeling to be able to extend the experience to kids who are growing up there."

Artistic director of Coastal City Ballet Li Yaming said the show offers a more lighthearted and multidisciplinary approach to the ballet than traditional classics such as Swan Lake or The Sleeping Beauty.

This is in part to benefit the target audience, he explained.

"We purposely used an opera score so more people can understand," Yaming said. "When they see and hear that, it will give them a new understanding of how ballet steps actually were composed."

He added that it is the first time this staging of Hansel and Gretel, which premiered in 2012, will be performed outside of B.C. A successful Kickstarter campaign plus some help from the Regina community made the trip a reality. "It all comes down to support for the arts," said Yaming.

Details

• Tickets are $30 for adults, $25 for students and $20 each for a group of 10 or more. They can be purchased online at coastalcityballet.com or at the following locations: Dancer's Den, Cobb Swanson Music, Bach & Beyond and Class Act Performing Arts Studios.

Familiar footing

"We purposely used an opera score so more people can understand. When they see and hear that, it will give them a new understanding of how ballet steps actually were composed."

Li Yaming
Artistic director of Coastal City Ballet

McKeely Borger, a rising dancer originally from Regina, is starring in Coastal City Ballet's production of Hansel and Gretel. COASTAL CITY BALLET

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Director weaves comic book storylines with harsh realities

Rhymes for Young Ghouls is Jeff Barnaby's first feature film. It opens on Friday in Toronto. CONTRIBUTED

Real life villains. A Mi'kmaq teen in the residential school system takes revenge in Jeff Barnaby's Rhymes for Young Ghouls

RICHARD CROUSE
scene@metronews.ca

Writing in the Toronto International Film Festival program book, Steve Gravestock said Rhymes for Young Ghouls plays, "as if an S.E. Hinton novel were re-imagined as a righteously furious, surreal thriller."

The self-assured debut feature from director Jeff Barnaby is the story of Aila (Devery Jacobs), a Mi'kmaq teen who is guided by the spirits of her departed mother and brother to exact revenge against a vicious Indian Agent named Popper after she is thrown into the reserve's residential school.

"I think the idea behind what we were doing was to show the enormity of what went on," says Barnaby. "You do want to shock people but not with the content of the film but with the idea that the content of the film actually happened. Most of the reviews have been astoundingly positive but the couple of bad ones that we've gotten have complained about the Popper role, and how over the top it is and how he is like this moustache twisting villain, but if you know the history, these guys had to have existed.

"I suppose you could be polite about saying, 'You can't leave the reserve and you can't go find work and you have to live in this poverty, and by the way, you have to give us your kids.' I'm sure there was an Indian Agent or truant officer somewhere who was really cool about it but at the end of the day these are the acts of evil men."

It's a pop culture savvy movie; a work Barnaby calls "a cinephile's film." A pop culture sponge himself, he says years of influences came together in the making of Rhymes for Young Ghouls.

"I grew up being saturated in everything, comic books, books," he says. "My stepmom was going to university at the time so she was bringing home all these great books, like English poetry, T.S. Eliot and Robert Frost, so I began to appreciate art at a very early age."

Near the top of the influence list are Batman and Conan the Barbarian.

"They are both anti-heroes but they share this idea of not being above physical violence in order to rectify a situation," he says. "They both lost their parents, they're both vigilantes particularly with Conan we follow the storyline of the first Schwarzenegger movie—a religious cult comes along and destroys his family and he goes searching for them and destroys the cult. That is more or less the model we used for Rhymes although very loosely, in the way Scorsese says he used The Searchers for Taxi Driver."

He also cites Scott Hampton's The Upturned Stone, Dashiell Hammett's Red Harvest and Chuck Palahniuk's Fight Club but adds the influences go "through all these filters and by the time it hits the screen what you are trying to emulate has turned into something completely different."

Quoted

"You do want to shock people but not with the content of the film but with the idea that the content of the film actually happened."

Jeff Barnaby, director of Rhymes for Young Ghouls

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This Week		Weeks on List
3.	MY JOURNEY Olivia Chow	2
4.	THE DEMONOLOGIST Andrew Pyper	3
5.	LIFE AFTER LIFE Kate Atkinson	4
6.	COLD HARD TRUTH ON FAMILY KIDS & MONEY Kevin O'Leary	4
7.	JOYOUS HEALTH Joy McCarthy	3
8.	THE DEAD IN THEIR VAULTED ARCHES Alan Bradley	3
9.	ALL IN Arlene Dickinson	4
10.	DUTY Robert M. Gates	2
11.	STOP OVERTHINKING YOUR MONEY Preet Banerjee	4
12.	THE POUND A DAY DIET Rocco Dispirito	4
13.	FIRST LOVE James Patterson	3
14.	THE START HERE DIET Tosca Reno	4
15.	HAZARDOUS DUTY W.E.B. Griffin	4
16.	DARK WOLF Christine Feehan	4
17.	THE CONFIDENT MOM Joyce Meyer	2
★ 18.	DARK BITES Sherrilyn Kenyon	1
★ 19.	DEADLINE Sandra Brown	1
★ 20.	ALL JOY AND NO FUN Jennifer Senior	1

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Madonna ALL PHOTOS GETTY IMAGES

Make way, yet again, for Madonna

Madonna's not done with her recent string of public appearances — she also has signed on to introduce members of Pussy Riot at Amnesty International's human rights concert in New York. The pop singer made the announcement Wednesday morning on social media. She's been busy of late, appearing on Sunday's Grammy Awards with Macklemore & Ryan Lewis and singing with Miley Cyrus during an MTV Unplugged taping Tuesday. Madonna says in a statement that she admires Maria Alyokhina and Nadezhda Tolokonnikova. They were recently released after nearly two years in jail following a conviction for hooliganism when they staged a protest in a Russian church.

THE ASSOCIATED PRESS

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Grant, in the case of many babies, Hugh are the father!

Hugh Grant is creating quite the army of heirs. It's already been reported that the Love Actually star fathered two children, one in 2011 and one in 2012, with a secret girlfriend, but now sources claim he had another child in 2012 by another woman, according to the Sun. Grant's identity as the father of Swedish TV producer Anna Eberstein's child was kept secret until December, when the one-year-old boy's birth certificate was re-registered with Grant's name on it. "Anna is being supported by Hugh all the way," a source says. "She lives in a very comfortable property and knows that Hugh is there for her. Anna's parents in Sweden know all about the relationship and she has their blessing."

Twitter

@ricky_martin
My friend, it's all about learning, it's all about growing. Don't stop.

@lindsaylohan
snow adventures!

@Mruff221
My 8 Yr old's response to Presidents plan:fight Climate Change, push more Fossil Fuel Extraction,"that doesn't sound very smart."

Grab the no-name tea and crumpets this time

It looks like Buckingham Palace is facing a financial crisis of its own. According to a report by the Commons Public Accounts Committee, Queen Elizabeth II and the rest of the royal family are "spending above their means and dipping into the reserves. The balance now stands at an all-time low." So naturally some cost-cutting measures are being considered. "The Queen is always looking for ways to cut back," CNN's Victoria Arbiter says. "I think they are going to have to look at ways they can get creative in that way, whether that is opening up more palaces or more private rooms or more areas that have not been open to the public before."

Queen Elizabeth II

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by Karyn McCluskey (director, scottish violence reduction unit)

In 2005 Scotland was highlighted by the UN peace monitor as being the most Violent Country in Europe and Glasgow was the most violent city. How do you change a country to recognise that violence had become the norm, compassion fatigue had permeated the media and murders were seen as commonplace and expected.

In 2004, Scotland started to look at violence as a disease and to implement a public health approach to reduce violence. This public health campaign was driven primarily by police, but in the intervening decade has gathered professionals and communities across Scotland who are focussed on violence prevention. Scotland is now at a 37 year low in relation to violence.

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Stock style is on the rise

As the star of The Wolf of Wall Street, Leo gave us a look into the rich man's closet. CONTRIBUTED

Man à la mode. In homage to infamous banker Jordan Belfort, we've put together the '90s cut. It's time to take a gamble in the broker's best.

RICHARD PECKETT
Metro World News

Alden

leather penny loafers, $829, brownsfashion.com

Ben Sherman

paisley tie, $70, bensherman.com

Paul Smith London

Kensington slim-fit pinstripe suit, $1,690, mrporter.com

Nixon

The Spur, $300, nixon.com

Trends Report

Valentine's 2015 is going to be a special day for many of you — that's the release date for the Fifty Shades of Grey movie! Even if you're not a fan of the erotic novels, grey-toned fashion and accessories are expected to be a huge trend this spring. Go online to Trends Report and see how you can look sexy in many shades of grey.

- Online. Follow Irene on Twitter at @MetroIreneK or Instagram: kuanirene; metronews.ca/voices/trends-report

Canadian street style

Spotted in: Vancouver

Name: Anna Kosturova

Age: 45

Occupation: Clothing designer

What she's wearing: Scarf by Isabel Marant for H&M, coat from Aritzia, shoes and bag from All Saints, jeans from GAP, shirt from Joe Fresh, sunglasses from H&M.

Her inspiration: "Classic with a twist of rock 'n' roll"

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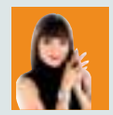

JEANNE SPACE
Jeanne Beker
life@metronews.ca

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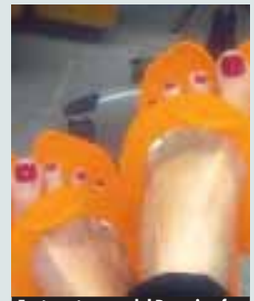

Feet up+toes ready! Prepping for tomorrow's "shoe shoot"+getting excited about my cool new collection this spring.

Gonna miss my girl! My @Chanel Brick Bear is going off to @DesignExchange for #ThisisNotaToy curated by @Pharrell

Add a splash of colour

It's time to inject some fresh hues and patterns into our homes, and there's no better opportunity to do it than while we wait for spring to arrive. So start waking up that tired, neutral decor scheme with shades ranging from strong to muted. These product picks, reminiscent of mid-century modern style, are pops of colour that can suit both modern and traditional interiors.

DESIGN CENTRE
Karl Lohnes
home@metronews.ca

This sofa by designer Bethan Gray creates womb-like curves that offer a plush, padded welcome with a late 1950's vibe. The springtime blue, linen-like fabric is also stain resistant. Pennie sofa, $1,260, crateandbarrel.com.

Sagaform's oversized coffee cups and saucers add a variety of colours to your dining table. Mix and match with the dish line to create a casual table service. POP coffee cup with saucer, $18, eq3.com.

Owls still dominate the animal-decor kingdom and are the who's-who on this embroidered cotton pillow. Owl on Branch toss cushion, $32, Urban Barn.

Shower with the world's largest paint chips in a retro monochrome scheme. Shades Of Blue shower curtain, $20, simons.ca.

Add some spring green and orange to the floors with a cotton-viscose rug inspired by the spice colours of India. Fab dhurrie, 4 x 6 feet, $475, ecarpetgallery.com.

Add the year's hottest shade to your bathroom and show guests you're on top of the colour trends — even if it's just in a washcloth. Lacoste Croc Wash berry washcloth, $13.50, thebay.com.

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Your very own Super Bowl rings

This recipe serves four to six. ROBIN SHARPE, FROM THE CANADIAN CRAFT BEER COOKBOOK (WHITECAP BOOKS)

FLASH FOOD

From your pantry to your table in 30 minutes or less

"Compared to fries, when hand-dipped and made to order, onion rings are difficult for a restaurant to manage well," writes David Ort in The Canadian Craft Beer Cookbook. "I'll be honest that these aren't an everyday recipe for me, but if you're going to indulge, make sure you do it right.

"Surrounding hot slices of onion, the banana, orange and clove flavours in the witbier will brighten and concentrate. I use red onion for this recipe because I'm a bit of an oddball. Spanish onions are more traditional and are a good choice if you can't find a big enough (noticeably larger than your fist) red onion."

Ingredients

- 5 cups (1.25 l) peanut or rice bran oil
- 1 cup (250 ml) witbier, cold
- 2 oz (60 g) all-purpose flour (about 1/2 cup/125 ml)
- 2 oz (60 g) rice flour (about 1/4 cup/80 ml) plus 2 tbsp (30 ml) for dusting rings
- 1/2 tsp (2.5 ml) baking powder
- 1/4 tsp (1 ml) fine sea salt
- 1 large red onion, cut into 3/4-inch (2 cm) slices

1. Lay out two cookie sheets and place a wire rack on each. This rig will work both for letting excess batter drip away and to cool the rings once they come out of the hot oil.

2. Set a Dutch oven over medium heat and fill with 2 inches (5 cm) of oil. Heat the oil to 375 F (190 C).

3. Pour the cold beer into a medium mixing bowl. Use a fine-mesh strainer to sift the flours into the beer. Add baking powder and salt, and mix to combine, but be careful not to overmix. Put slices of onion in a resealable bag or lidded container with the 2 tablespoons (30 ml) of rice flour and shake to coat the onion lightly.

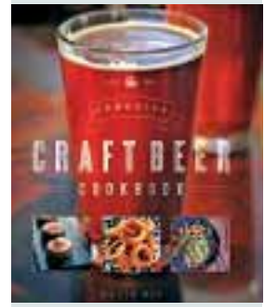
4. Use tongs or chopsticks to transfer onion pieces from flour to batter and then to the racks set over the cookie sheets, where excess batter can drop off.

5. Carefully transfer the battered rings to the hot oil and continue to monitor the oil's temperature. Work in batches that are small enough to not crowd the pan. Cook for 2 to 3 minutes a side or until rings are deep golden brown. Hold cooked rings on a clean wire rack while you fry subsequent batches. Season the rings with fine sea salt immediately after they come out of the hot oil.

RECIPE EXCERPTED FROM THE CANADIAN CRAFT BEER COOKBOOK (WHITECAP BOOKS) BY DAVID ORT

Cookbook of the Week

Cook and sip



Craft beer has soared in popularity and now David Ort offers an introduction to it and a broad range of recipes that use craft beer as an ingredient.

The Canadian Craft Beer Cookbook includes starters and snacks, noodle and rice dishes, seafood, meat and poultry; and even beer cocktails, sweets and desserts. Each recipe includes a recommendation for a specific Canadian craft beer as the beer ingredient.

Among the recipes are: Tabbouleh, Clam Chowder, Jerk Chicken, Brownies, and more. METRO

This Super Bowl 'was meant for tough guys'

NFL. It's Denver's historic offence against Seattle's No. 1 defence with championship up for grabs on Sunday

That old maxim about defences winning championships has been spread on pretty heavily during Super Bowl week.

By the Broncos, of all teams.

Yes, the very same AFC champions who tore up the league with a record 606 points, 55 touchdowns coming off Peyton Manning's arm, have been touting how strong their defence has become.

Measure it against Seattle's unit, which allowed a very miserly 231 points and ranked first against the pass and in overall D, and the Broncos would seem to be whistling a hollow tune.

But linebacker Danny Trevathan, a breakout player in his second NFL season, sees plenty of greatness in his defence, too.

"Oh yeah. You are supposed to have that attitude," Trevathan said. "On defence you're not supposed to let guys push you over. You are supposed to be the aggressor on defence and you are supposed to have that attitude. I think that is what makes playing defence so passionate to me.

"I think this game was meant for tough guys. You can't be soft out here."

No one is soft on either of these teams, of course. On the contrary, it's only the second time in 20 years that the top seed in each conference got this far.

It's also that classic matchup that so excites fans, media and, yes, players. The Seahawks can't wait for the chance to test themselves against Manning, seeking his second ring in an almost-certain Hall of Fame career.

"It's going to be a great challenge," middle linebacker Bobby Wagner said. "They're talented all across the board. They protect Peyton well and they run the ball well. He's definitely passed the ball well. It's up to us to do our jobs and make sure that we come ready to play."

THE ASSOCIATED PRESS

Notes from New Jersey

- **Not so cold.** As of Wednesday, no snow, or even rain, was being predicted by the National Weather Service for Sunday. The high is expected to be 3 C, which would make it the coldest of the 48 Super Bowls so far.
- **What's in a name?** "I had to admit, it was pretty catchy," says Seahawks safety Kam Chancellor on the team's "Legion of Boom" nickname.
- **How's her arm look?** Peyton Manning visited brother Eli at his home in Hoboken, N.J., on Tuesday night, but the topic of conversation wasn't the upcoming Super Bowl. Peyton got to meet and hold his seven-month-old niece Lucy for the first time.

Seahawks star cornerback Richard Sherman speaks to reporters on Wednesday in Jersey City, N.J. JEFF ZELAVANSKY/GETTY IMAGES

The Broncos work out on Wednesday in East Rutherford, N.J. MARK HUMPHREY/THE ASSOCIATED PRESS

CFL

Argos release backup QB

Zach Collaros won't have to wait until the start of CFL free agency to find out how much he'll be worth on the open market.

The Toronto Argonauts released the backup quarterback Wednesday, more than two weeks before Collaros was scheduled to become a free agent. Instead of having to wait until Feb. 15 to begin weighing outside offers, Collaros is free to start testing the waters immediately and sign with the team of his choice.

THE CANADIAN PRESS

Olympic team

Bigger hopefully better for Canada

Canada will send 221 athletes to the Sochi Olympics, its largest ever team for a Winter Games.

The Canadian Olympic Committee officially announced its full team Wednesday.

Canada's team of 202 athletes finished third overall four years ago in Vancouver with 26 medals, but won a record 14 gold.

The team is comprised of six skicross athletes, 27 speedskaters, 10 curlers, 16 bobsledders, eight lugers, four skeleton athletes, 21 women hockey players, eight biathletes, 24 snowboarders, 25 male hockey players, 15 alpine skiers, 17 figure skaters, 13 cross-country skiers, 20 freestyle skiers and seven ski jumpers.

Canada's goal is to win more medals than any other country in Sochi.

THE CANADIAN PRESS

UFC packs bigger punch for Canada in 2014

Montreal's Patrick Cote, pictured, will take on Australian Kyle Noke in Quebec City on April 16. GETTY IMAGES FILE

The UFC will hold five shows in Canada in 2014, including a return to Vancouver and new stops in Halifax and Quebec City.

The schedule, announced at a news conference Wednesday in Quebec City, also calls for fights cards in Toronto and Montreal.

The five shows are up from three in recent years when Toronto and Montreal were constants on the schedule with another city rotating in.

The busy calendar is a nod to the appetite for mixed martial arts north of the border.

"On a per-capita basis, no nation in the world consumes MMA like we do," Tom Wright, director of UFC operations in Canada, Australia and New Zealand, said in an interview. "The fact we've been able to go from three events to five events is a reflection of that."

Quebec City will host a show for the first time in the form of a televised UFC Fight Night for the live finale to The Ultimate Fighter Nations: Canada vs. Australia on April 16 at Le Colisée Pepsi.

The UFC returns to Vancouver on June 14 for UFC 174 at the Rogers Arena.

Toronto gets its fifth show in the form of UFC 178 on Sept. 27 at the Air Canada Centre.

The UFC debuts in Halifax on Oct. 4 with a televised Fight Night card at the Metro Centre.

And the Canadian schedule concludes Dec. 6 with UFC 181 at the Bell Centre, marking Montreal's seventh show.

THE CANADIAN PRESS

Horoscopes

♈ Aries
March 21 - April 20
This will be an enjoyable day and it will be more enjoyable still if you don't waste time worrying what others might think about what you are doing — or who you're doing it with!

♉ Taurus
April 21 - May 21
If you need to ask a favour of someone in a position of authority, now is the time. Cosmic activity in the career area of your chart makes it easy for you to approach employers.

♊ Gemini
May 22 - June 21
If others want to take control and decide what you are going to do together, you should let them. Today's new moon means you can afford to sit back and let partners make the difficult decisions.

♋ Cancer
June 22 - July 23
Try to take things easy today because if you tire yourself out, physically or intellectually, it may take a while to recover. You don't need to be as intense as you usually are. Everything will turn out for the best no matter what you do.

♌ Leo
July 24 - Aug. 23
Whatever goals you set over the next few days, you will reach them with ease. But don't spend all your time and energy on work: This is potentially one of the best days of the year for affairs of the heart.

♍ Virgo
Aug. 24 - Sept. 23
Something you've worried about for weeks will resolve itself in your favour thanks to the new moon. There is a lesson: Nothing is ever worth getting too worked up about.

♎ Libra
Sept. 24 - Oct. 23
You can sense that something marvelous is going to happen over the next 24 hours but you don't know what it is. Whatever it is, make the most of it.

♏ Scorpio
Oct. 24 - Nov. 22
No matter how badly someone may have let you down, forgive them. There is no point holding a grudge, not when there are so many wonderful things going on in the world.

♐ Sagittarius
Nov. 23 - Dec. 21
You should be feeling more relaxed about life now and today's new moon will put you in the mood to go out and have fun with your friends. Partnerships and relationships will make you happier than you ever thought possible.

♑ Capricorn
Dec. 22 - Jan. 20
Lady Luck will smile on you today. Good things will come your way without you having to do very much at all to attract them. Having said that, don't give away any personal information and don't try too hard. Just let it happen.

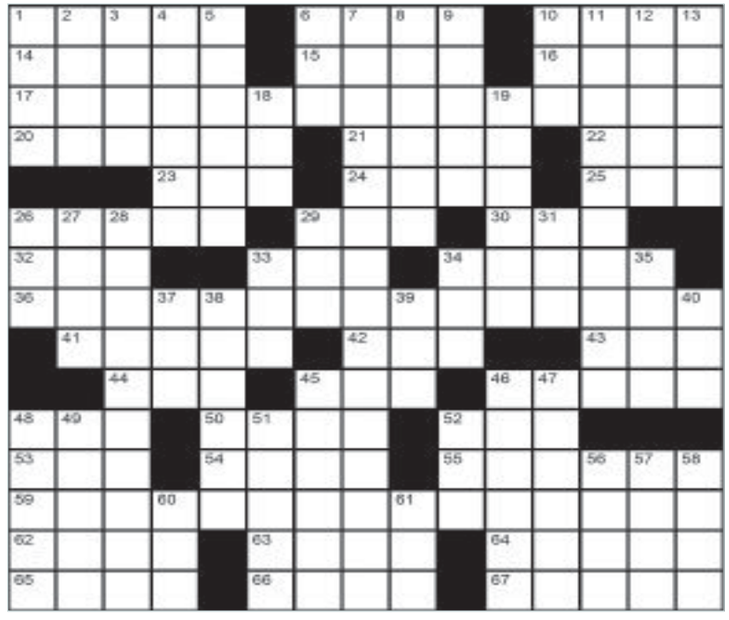
♒ Aquarius
Jan. 21 - Feb. 19
Today's new moon in your sign makes this the perfect time to start something you always wanted to do but never had the courage. Now you do — so get on and make it a success.

♓ Pisces
Feb. 20 - March 20
Why do you let doubts hold you back? You've got to be more ambitious and more adventurous. This could be the day when your life changes for the better — but only you can make it happen. **SALLY BROMPTON**

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

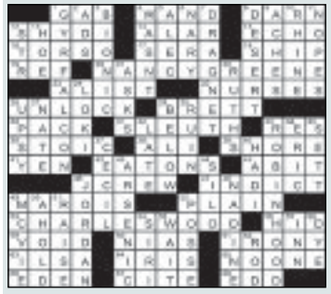
BY KELLY ANN BUCHANAN



Across
1. Ranching rope
6. "Cat on _ __ Tin Roof" (1958)
10. From square one
14. Angered
15. Michael of "Juno" (2007)
16. Way
17. The Purcells, for one: acr. + wd. + wd.
20. Postpone
21. Pick a politician
22. Nourished
23. 'Trick' suffix
24. Cosmology's original matter
25. Some badges, e.g.
26. No longer 'in'
29. Montreal Mrs.
30. Company name abbr.
32. Dadaist Jean
33. Defence contractor, with Systems
34. Bug varieties
36. Woodlands worry: 2 wds.
41. Stan's comedy partner, cute-style
42. Help
43. Poetic contraction
44. Test tube's li'l locale
45. Ctrl, Shift, __
46. Baseball Hall of Famer Mr. Sandberg's
48. Wane
50. Cutting remark
52. Racecar driver Mr. Fabi
53. Bovine's bellow
54. Sea wolf
55. NYC's infamous club, __ 54
59. Canadian ice dancing legends/ Olympians: 3 wds.
62. Eugene O'Neill play, __ Christie
63. "The King __ _" (1956)
64. Lucille Ball's co-star Desi
65. Many lipstick hues
66. Vocally vex
67. Like an annoying fly

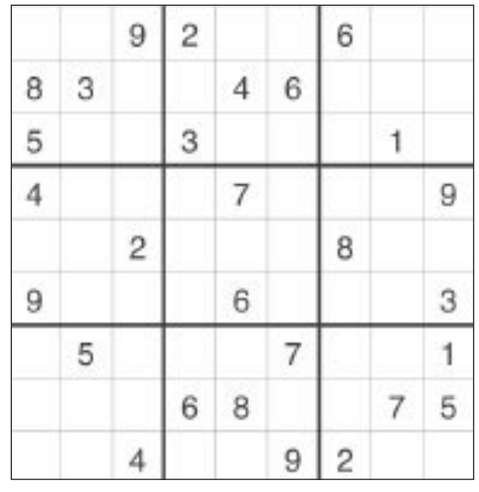
Down
1. Ad-__ (Improvises)
2. Curve
3. Equivalent
4. Shoulder scarves
5. Hors d'__
6. Perform
7. Anvil and Helix, for example: 3 wds.
8. Baltimore baseball player
9. Aunt, in Montreal
10. Simon & Garfunkel's "I __ _ Rock"
11. Book genre
12. Created by U2's guitarist?
13. Unwanted plants
18. Napoleonic Wars marshal
19. Doing that sleep state thing, say
26. __-Man
27. Folkie Mr. Guthrie
28. 1945 Ingrid Bergman/Gregory Peck thriller
29. Egyptian __ (Cat breed)
31. Bug
33. Pre-A.D. time alternative
34. "Oh, __!" (1977)
35. Snick-or-__
37. _ __ carte
38. Gift box decoration
39. English __.
40. Li'l weight units
45. Secrets to some
46. Capture all over again
47. Lionel Richie song that starts "Baby you'll find / There's only one love...": 2 wds.
48. Put into a cell
49. American frontiersman Daniel (b.1734 - d.1820)
51. Backward on the boat
52. "How naughty!"
56. Mr. Aykroyd's
57. "Take __ __ face value."
58. Sharon's rocker hubby
60. Univ. dorm supervisors
61. Dunk

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.



Yesterday's Sudoku

8	3	2	9	6	4	5	1	7
7	4	6	5	1	2	3	9	8
1	9	5	3	7	8	4	6	2
5	7	3	8	4	6	1	2	9
9	6	8	2	5	1	7	3	4
2	1	4	7	9	3	6	8	5
3	5	7	6	8	9	2	4	1
6	8	1	4	2	5	9	7	3
4	2	9	1	3	7	8	5	6

Today
-21°/-25°
Variable

Friday
-14°/-22°
Partly cloudy

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